FAMILY AND CONSUMER SCIENCE
PANTHER VALLEY HIGH SCHOOL
MRS. KARAN HEFFELFINGER, MA., M.eD., CFCS

SYLLABUS AND COURSE GUIDE FOR FOOD CUSTOMS ONE
GRADES 10,11, & 12

COURSE DESCRIPTION

7200 Food Customs I – 1 credit – 2 semesters – 6 days of cycle

Students will examine ethnic backgrounds. Each ethnic background investigated is related to human developments, foods, arts clothing, table setting, serving, etiquette, and consumer choices. The following ethnic backgrounds will be covered: German, Irish, Mexican, Chinese, Italian, and French. Through demonstration students learn how to prepare and serve ethnic dishes. A multicultural perspective and interdisciplinary approach is investigated. Principles of consumer behavior as a foundation for managing available resources will be integrated into food projects.

TEXTBOOK

Food For Today and The World of Food
Plus supplementary workbooks, primary source materials, and all handouts.
Text and workbooks must be brought to class at all times.

CLASS REQUIREMENTS

Work will include but is not limited to:

- Classroom and homework assignments
- Major Projects
- Oral presentation
- Class participation
- A variety of written assignments, including a research assignment
- Tests/Quizzes/ Exams/Other forms of Assessment
- Hands-on Work
- Food Laboratory Lessons
- Notebook
- Being prepared for class at all times

DAILY ASSIGNMENT

- PEN OR PENCIL
  You must bring a writing implement to class
- NOTEBOOK
  You must bring a notebook to class daily, as this will be part of your daily average.

ASSIGNMENTS

All assignments are to be done neatly and on time. A ten-point deduction if assignment is late unless you are absent.

UNITS/CONCEPTS – COVERED DURING THE YEAR

- Introduction – Course Requirements
  - Class Rules
- Food We Eat – Psychology of Eating
- Nutrition – Food Guide Pyramid Nutrients
- Food Sanitation
- Meal Planni9ng
- Pies/Pastries
- Turkish
- German
- Mexican
- French
- Irish
- Easter
- Chinese
- Italian
- Outdoor cooking
- Sanitation procedures

MISSION STATEMENTS

PANTHER VALLEY SCHOOL DISTRICT

To meet the challenges of today and tomorrow.

FAMILY AND CONSUMER SCIENCES DEPARTMENT

To develop individual potential and life skills needed to meet the challenges of the future.

PENNSYLVANIA STATE DEPARTMENT OF EDUCATION/FAMILY & CONSUMER SCIENCE

To manage with reason and Creativity the Challenges Across the Lifespan of Living and Working in a Global Society

EXIT OUTCOMES

Students completing the Family and Consumer program will be able to;

Demonstrate their knowledge of the principles of consumer behavior as a foundation for managing available resources to provide for personal and family needs in the occupation of homemaker.

Demonstrate their knowledge of basic child health and child care skills needed in the occupation of child care.

Recognize and demonstrate the ability to apply dietary guidelines in order to meet nutritional needs to various stages of life in the occupational role of homemaker.

Explore the multiple purposes of work and the range of career options, including entrepreneurship, and relate them to their individual interests, aptitudes, sills and values in the occupational

Assessment/Demonstration of Knowledge and Skills

Quizzes, tests, completed projects, individual and group presentations and portfolio assessment notebook. Foods laboratory assignment of food products. Rubrics will be prepared for any assessment used, and such rubrics will be shared with the student prior to the demonstration.

Unit Modifications

- Units will be modified to meet the individual needs of all students.

Unit Enrichments

- Require students to extend and refine knowledge through challenging project or research.
- Reflect on learning through journal writings.
- Independent work or assignment.
- Self-directed learner - setting personal learning goals.
- Extended projects using Future Career Community Leaders of America (FCCLA) planning process.

Suggested Assessment Techniques for Unit

Selected responses of pencil and paper tasks in workbooks and worksheets.
Paper and pencil - Quizzes and tests.
Project assessments.
Product assessments.
Performance assessment through presentations.
Portfolio assessment of student work.

Materials/Technology for Unit

- Text: Varies with Class
- Media: Filmstrips, video, posters and periodicals
- Technology: Computer programs